

# EL MORRO

Vol. 43 No. 1

Fort Buchanan, Puerto Rico [www.buchanan.army.mil](http://www.buchanan.army.mil)

January 2008

## 210th RSG unit assists Russians at Torgau



Photos by Capt. Anthony John

**Brig. Gen. David S. Elmo, commanding general, 1st Mission Support Command, Fort Buchanan, Puerto Rico vigorously shakes the hand of Russian Colonel Somolyuk, Brigade Commander of Infantry Regiment that worked closely with the 210th Regional Support Group in their logistical support mission for the bilateral U.S.-Russian exercise, TORGAU 2007, held at Hohenfels, Germany. Col. Somolyuk expressed to General Elmo his genuine respect for the professionalism that Col. Hector Lopez's 210th RSG Soldiers displayed during TORGAU 2007.**

### Puerto Rican logistics unit assumed larger role in Hohenfels Germany exercise.

**Charlie Reed**  
*Stars & Stripes Europe*

The Army reserve's 210th Regional Support Group prides itself on switching gears quickly and efficiently.

The Puerto Rico-based logistics unit put its skills to the test during a two-week stint at the Army's Multinational Training Center.

Shortly after arriving late last month, the 210th's mission changed. Originally responsible for providing logistical support for 250 U.S. and Russian Soldiers, the unit was then asked to take the needs of more than three times as many troops training at the expansive base in rural Bavaria.

"That's what makes a logistics unit a successful one. What we learned is that it's important we remain flexible," said commanding officer Col. Hector Lopez. "And in that regard, we're going back to Puerto Rico with confidence."

Col. Thomas Vandal, Hohenfels' commander, said that he hopes to bring the logistics team back to the training center, where non-commissioned officers typically take on logistics.

"They've demonstrated their capabilities," he said. "It's really been a marriage of convenience that paid off well."

Created in 2006, the 210th is a new type of Reserve unit built to be more self-sustained and flexible than the bigger combat service support units of years past, Lopez said.

Working behind the scenes 24 hours a day to coordinate everything from menus to munitions, the Soldiers of the 210th had to pay close attention to the troops, many of whom did not speak English.

The key, Lopez said, is building in time for last-minute problems — "that way, you have time to find a solution instead of scrambling."

In Hohenfels, where troops from around the world come to train, going the extra mile builds trust among the foreign Soldiers and in turn between their countries and the U.S., Lopez said.

The Russian Soldiers, for instance, needed special keyboards at

the Internet café.

Also, they "really like potatoes, so we made sure to get a lot of potatoes," Lopez said. "We take care of everything to make sure they don't have to worry about anything and can focus on their training."

While all of the 210th speaks perfect English, for most, Spanish is their native tongue. The unit's unique cultural situation perhaps gives them additional insight into the challenges faced by forces from other countries while training at U.S. bases, Lopez said.

"In a way it has given us a different dimension, different assets you may not find elsewhere," he said.

But it has also meant teaching people about the U.S. territory they call home.

"We're proud to be U.S. Soldiers and to defend the flag of the United

See PR — Page 14



Leo Martinez

**Commanding Officer Col. Edwin C. Domingo answers reporters questions following the robbery of the Pentagon Federal Credit Union. The incident was investigated and a suspect identified by the San Juan office of the FBI. Island Special Agent in Charge Luis Fraticelli, right, reported on the FBI's involvement.**

## Credit Union held up

*Pentagon Federal Credit Union hit during daylight robbery Dec. 7*

*El Morro Staff*

December 7, 2007 is a day of infamy for Fort Buchanan. The Pentagon Federal Credit Union on post was robbed by a suspected Reservist.

FBI Special Agent in Charge of Puerto Rico, Luis S. Fraticelli, said, "Due to the security measures and the prompt closing of the garrison, they were contributing factors to solving the case."

Department of Emergency Services, Chief Raymond Johnson, also said, "We understand that the security at Fort Buchanan is adequate and we will not make any significant changes to our security policies."

A suspect was apprehended the following morning at 3 a.m. and was arraigned and released on bail to await further judicial proceedings. Special Agent Fraticelli said, "We feel it was one guy acting by himself even though the investigation is continuing."

In bank robberies, the FBI has primary jurisdiction for investigating the occurrence.

Chief Johnson pointed out, "There are approximately 40 thousand visitors to Fort Buchanan weekly. We are confident we can manage that number of visitors with the same level of security we had prior to the robbery."

Major category crime has been practically non-existent in Fort Buchanan's history. The last major incident occurred in 1990 when the Buchanan branch of Banco Popular was robbed. That perpetrator was also apprehended in a short amount of time.

Fort Buchanan continues to be one of the safest and most secure places to live, work and shop in Army system or any city of significant size.



**1st Lt. Adam Klipp, executive officer, 597th Quartermaster Company, 210th RSG, is greeted by his girlfriend, upon his return from the bilateral US-Russia exercise held at Hohenfels, Germany.**



# FROM THE COMMANDER:

**The Fort Buchanan Mission — Enable customers to succeed by providing sustainable Base Support and excellent services.**



January 2008:  
Buchanan  
looks forward



2008 continues the transition for Fort Buchanan. As the Garrison staff successfully deals with and prepares plans to support installation goals. "The Department of Defense Support Center of the Caribbean," continues as our vision.

Underlying this transformation, it is the Soldiers, civilian workers and Army families who contribute to the success of our mission.

With a dedicated workforce and the members of the Fort Buchanan community, I am certain we will accomplish our goals in 2008.

The Fort Buchanan vision is designed to clearly identify our future direction. Fort Buchanan is the last remaining Department of Defense facility in the region and as we look to the future, our mission will become more and more important to the region.

The past year has seen many improvements to the facility. We began the year with learning about and implementing National Security Personnel System.

NSPS conversion continues with training and education throughout the command. In March, the Installation Management Command completed its

transformation and the new IMCOM colors were unfurled at Fort Buchanan. Also, in March, Fort Buchanan recommitted itself to ensuring a clean environment by expanding its recycling efforts.

Tricare was the focus in April. Tricare Latin America & Canada opened a new facility, Bldg. 172 across from the Welcome Center, to better assist our community.

In May, Rodriguez Army Health Clinic and Fort Buchanan joined in support of the Army's Wounded Warrior Program and San Juan Military Entrance Processing Station announced a change in commanders and the retirement of their Sergeant Major.

June and July were active months with several command transitions and activities. I assumed command of Fort Buchanan from Col. Stephen M. Ackman. Col. Margarita Aponte transferred command of Rodriguez Army Health Clinic to Lt. Col. Manuel Valentin and Davis D. Tindoll Jr. became the Executive Director of IMCOM-Southeast. Undersecretary of Defense (Personnel and Readiness) Hon. David S. C. Chu visited Fort Buchanan and the VA Hospital and

was our keynote speaker during Asian Pacific Heritage celebration. In August, the Principal Deputy Assistant Secretary of the Army (Manpower & Reserve Affairs) Robert W. Rodriguez visited Buchanan and met with some Wounded Warriors. Fort Buchanan hosted the Army National Guard Association Convention 5K run. The 5K run featured Soldiers from various 50 States, Commonwealth and Territories.

In October the garrison welcomed a new Installation Chaplain with the arrival of Chap. (Lt. Col.) Kenneth Lawson. Buchanan closed the last two months of the year with the welcome addition of the new AAFES Service Station. Moved to a new location, adjacent to the commissary, the facility doubled its handling capacity. With approximately 40,000 cars visiting the garrison each week, it has relieved the waiting time for gasoline noticeably. Visitors have also noticed a change in gate access hours and vehicle pass capability that greatly facilitates entrance to the garrison.

In November, the Civilian Aide to Secretary of the Army, Maj. Gen. (Ret.) Felix A. Santo-

ni, the Adjutant General of Puerto Rico, Brig. Gen. David Carrion Baralt and the 1st Mission Support Commander, Brig. Gen. David Elmo joined me in committing to the principles of the Army Family Covenant.

In my holiday remarks to the Garrison workforce, I pointed out Fort Buchanan faces an exciting 2008.

My personal goal is to work toward keeping Fort Buchanan relevant and fulfilling our strategic vision and increasing our support to Army families and commitment to the principles of the Army Family Covenant.

In January 2008, Fort Buchanan will host the Army Reserve Senior Mission Commander Conference — a chance to show Fort Buchanan as a leader in IMCOM operations and why the garrison is truly the Sentinel of the Caribbean.

On behalf of Fort Buchanan Command and Staff, we wish everyone a Safe and prosperous 2008.

Thank you very much for what you do to keep the ARMY STRONG.

## Secretary of Defense offers holiday message to troops



**Robert Gates**  
Secretary of Defense

The holidays offer a special time to remember our many blessings as Americans — perhaps chief among them are the dedi-

cated Soldiers, Sailors, Airmen, and Marines who protect our nation.

Since assuming this post a year ago, I have been awed and humbled by our men and women in uniform who are carving for themselves a noble place in American history.

We began the year by deploying tens of thousands of additional troops to Iraq as part of a concerted civil-military effort. Violence has declined sharply, and former enemy strongholds are being transformed into communities of hope and possibility. While it is premature to declare victory, we must protect our hard-earned and hard-fought gains and redouble efforts to defend our long-term interests in this region.

In Afghanistan, the U.S. and our allies have inflicted heavy losses on the Taliban, launched a comprehensive, nationwide reconstruction effort, and strengthened civic institutions. Afghanistan remains threatened by ruthless extremists, a destructive narcotics trade, and a legacy of decades of war and brutality. But our efforts are helping the people of Afghanistan rebuild their lives and enabling this fledgling democracy to take root.

To relieve the stress on the force, we began expanding the Army and Marine Corps — the first significant increase in a generation. Mobilization policies have been revamped to provide more stability and predictability for Guardsmen and Reservists. To ensure that troops have the

best protection available on the battlefield, MRAPs became the military's highest acquisition priority, and thousands of these vehicles are in production and en route to theater. And to meet our sacred obligation to care for those who have been injured defending this country, we have begun to fix the problems with outpatient care exposed earlier this year.

At home and abroad, I have met with small groups of servicemen and women — from junior enlisted to field grade officers, from Active Duty to Guard and Reserve — to hear their questions, concerns, and aspirations unvarnished and uncensored. I am grateful for their candor, their questions — and their advice. These exchanges have frequently shaped my thinking and influ-

enced my decisions on everything from day-to-day military operations to enhancing the quality of life for service members and their families.

President Roosevelt could have been addressing us today when he said some seven decades ago, "To some generations much is given. Of other generations much is expected. This generation of Americans has a rendezvous with destiny."

We are in our seventh year of war — the first sustained combat with an all-volunteer force since our nation's inception. Our troops and their families — Active, Guard, and Reserve — are giving so much. This holiday season, many of those

**See SecDef — Page 14**



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El Morro is an authorized publication printed in accordance with Army Regulation 360-1.

Contents of El Morro are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, Department of the Army or U.S. Army Garrison, Fort Buchanan.

El Morro is published January by the Public Affairs Office, U.S. Army Garrison. Circulation 5,000.

All editorial content of El Morro is prepared, edited, provided and approved by the U.S. Army Garrison Public Affairs Office.

Deadline for submission is 4 p.m. Friday, one week prior to publication. Submissions must be in electronic (MS-Word) and hard copy formats and include all text, photographs and graphics intended to accompany the submission.

The Editor reserves right to edit all submissions and to determine the suitability for inclusion in El Morro.

Every effort will be made to publish submissions in a timely manner, however, time, layout, style and editorial considerations, as well as determinations made by the Commander or the Public Affairs Officer January determine if the submission is published.

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# 1st MSC CG welcomes New Year



**Brig. Gen. David S. Elmo**

On behalf of the people of the 1st Mission Support Command, the 166th and 210th Regional Support Groups, I wish each and every one in our community a "Muy Feliz Año Nuevo y Día de Los Reyes Magos."

In the last year, my Command Sergeant Major, Orlando Félix, and I have traveled the globe visiting our Soldiers. Let me tell you, it has been one phenomenal experience. Iraq, Korea, Germany, Panama, the States — everywhere we go, people tell us how wonderful our Soldiers are.

They tell us about things like honor, pride, attention to detail, and mission accomplishment. In the course of these conversations, I typically refer to the deep history, values and traditions of the Puerto Rican Soldier. During this banter, the word "special" comes up a lot. It is true! Our Soldiers are special. I have been involved with over a dozen geographically dispersed Army units during my career, and can tell you that the Puerto Rican Reservist is indeed special. Why?

The answer lies in your family and how we have culturally learned to treat each other. It goes back to the golden-rule, the basics of caring, and genuinely wanting to help each other.

These qualities come naturally to our Soldiers — don't ever let go of them. These values are what make you special.

They correspond greatly our Army values — loyalty, duty, respect, selfless sacrifice, honor, integrity and personal courage.

As you read this, know that our Soldiers are upholding these traditions every day in far off places like Alaska, Afghanistan, Iraq and throughout Africa.

Please keep them all in your well-wishes, thoughts and prayers.

CSM Félix and I frequently speak about the history of our Soldiers and Puerto Rico. Our organizational theme for 2008 will be "Honoring the Past as We Build our Future."

In highlighting this theme, we intend on developing an oral history program, collecting historical artifacts, and running a series of articles about the various changes in the Army Reserves in Puerto Rico since the 1940's. We hope to share this with you by publishing much of it in El Morro. I hope you will find this interesting.

Even as we write and reflect on our history, be aware that the Army Reserves in Puerto Rico is going through some dramatic and positive changes.

On February 1, 2008 we will complete our transformation into the 1st Mission Support Command (I hope to see you at the ceremony, by the way!).

While some of the structure of the legacy 65th Regional Readiness Command will change, we are grateful that most of the core of the organization, our people, will remain.

Our 1st MSC Soldiers will continue to serve with pride and distinction.

We will continue to uphold our heritage and set the standard for mission accomplishment around the globe. In short, we will continue to be the PRIMEROS!

# Long time Ft. Buchanan employee passes

*El Morro Staff*



Edward Dzierzeski was the husband of the late Frances (Bova Conti) Dzierzeski for 43 years. He was father to two daughters, Christine Berge of Massachusetts and Deborah Wardwell of Washington. He was grandfather to Sarah, Edward and Christina. In addition to his daughters and grandchildren, Dzierzeski leaves three brothers: Stanley, John, and Bernard all of Massachusetts.

Born December 19, 1936 in Boston, Dzierzeski was the son of Damazy and Lucy (Sterczala) Dzierzeski. Following the death of his mother, he was raised by Sophie (Grych) Dzierzeski, his father's subsequent wife.

Dzierzeski is a graduate of Boston's English High School. He received a degree in business administration from Northeastern University in 1959.

In February 2007, he retired as a civil servant after 24 years of service with the Department of the Army. He served as a Management Analyst at the 94th Regional Support Command from 1982 through 2001.

He accepted assignment in Puerto Rico and worked as Budget Analyst for both the 56th Signal Battalion and the United States Army Garrison at Fort Buchanan Puerto Rico from 2001 through 2007. Prior to his career as a civil servant, Dzierzeski worked as a technical/capital equipment purchaser at firms such as Stone & Webster and General Dynamics.

Also, he was a veteran with 28 years of service. He retired from the 94th Army Reserve Command (ARCOM) as a Lieutenant Colonel in 1987. He had been Chief of Management and Budget.

Professionally, Mr. Dzierzeski was known for his "can-do" attitude, corporate knowledge and team esprit de corps. In his spare time, he enjoyed yard work, bargain shopping and traveling.



**Chap. (Lt. Col.) Ken Lawson**

## Starting the New Year with God

Another New Year's Eve has come and gone. Another year has passed and a new year soon will be upon us. This past year was a good year for me and my family. In 2007 I completed the Air War College. We completed a 40 month tour at the Army chaplain school where I was an administrator and an instructor, and arrived on Puerto Rico in September. We left behind friends in South Carolina and have made new friends here at Ft. Buchanan.

Our children are all healthy and doing well in school. My 22nd wedding anniversary is coming up in a few months, and I am very happily married. And now a new year approaches.

New challenges await all of us. New opportunities for blessing of failure are on the way. Perhaps this coming year we will experience great heartache. Perhaps this year God will abundantly bless us with good health and answered prayers. This coming year we will elect a new President of the United States. Certainly we will all face changes this coming year. Are you ready? Are you prepared for the challenges and trails and blessings that the new year will certainly bring?

There are some guiding principles can we accept and apply to make the new year better than the last?

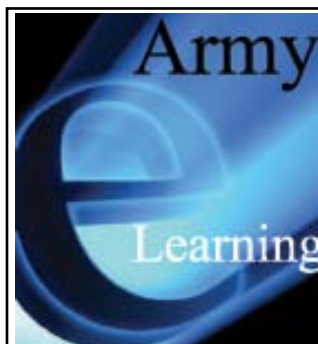
1. Learn from your mistakes. Do not repeat them.
2. Be a mentor. You will learn more about yourself when you help someone else.
3. Keep a positive attitude. Make your first response helpful not negative.
4. Maintain long-term values in a short-term world.
5. Receive pleasure when others succeed.
6. Envy and jealousy are as rottenness in our bones, the Bible says in **Proverbs 14:30**. Avoid these always.
7. As a wise person once said, "It is amazing how much you can get done when you do not care who gets the credit."
8. Never compromise your personal and military values.
9. Develop your spiritual life through daily readings and attendance at worship events.
10. Pray with the intent of glorifying God and allowing Him to teach you lessons about faith, life, love, and hope.

Another year has past. We are all older but that does not mean that we are all wiser. Repeating mistakes and bad behavior does not improve anyone or anything. May 2008 be the year that we allow God to work lasting positive change in all of us. AMEN.



Leo Martinez

**Representative Solomon P. Ortiz (D-Texas) (third from right) and Representative Madeleine Z. Bordallo (Delegate Guam) visited Puerto Rico recently on a fact finding mission. They were provided briefings by Commanding Officer Col. Edwin C. Domingo; Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Felix Santoni (far right); Department of Emergency Services Chief Raymond Johnson (left) and the deputy to the Garrison Commander Gunnar Pedersen.**



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**Maj. Angel A. Viruet**  
Ft. Buchanan IG

Motorcycles are unlike any other recreational vehicle. Boats, Jet skis, and others have their own areas, and environments that allow them to be enjoyed in relative isolation. Motorcycles constantly interact with the local population. They share the same roads, and environments that everyone else populates. This puts motorcyclist at an extreme disadvantage. Motorcycles are harder to see, and require the motorcyclist to be a "smarter" and "better" driver.

Riding a motorcycle come at a cost. The cost of responsibility; Responsibility to ride in a legal mature manner and within regulations. AR 384-55, and AR 190-5, gives us the basic guidelines on riding safely. These regulations are made to keep us safe, if they are not followed, the motorcyclist can be injured, or killed.

Any person who operates a motorcycle on an Army installation must have their headlight(s) on at all times except when prohibited by local law, and have a rear view mirrors mounted on the handlebar or fairing. Motorcyclists don't have the protection of safety belts, air bags, door beams and other cushioning that cars and trucks have. All soldiers, DA civilian in a duty status, and all persons on a DA installation, must properly wear the personal protective equipment listed below while operating or riding a motorcycle.

1. A motorcycle helmet that meets standards established by the U.S. De-

## Safe riding — the Army Way

**Army Strong = Army alive. Motorcycle safety standards, gear required for all motorcycle riders.**

partment of Transportation. The helmet must fasten under the chin.

2. Impact or shatter resistant goggles or full-faced shield properly attached to the helmet.

3. Sturdy footwear. The Army specifically requires the wear of leather boots or over-the-ankle shoes, (AR 385-55, Appendix B, paragraph B-3e).

4. Long sleeved shirt or jacket, long trousers, and full fingered gloves.

5. A brightly colored outer upper garment during the day and a reflective upper garment during the night.

### Extra Tips —

- Motorcycle operators may not use headphones or earphones while driving a motorcycle on a DOD installation, (DODI 6055.4, paragraph 6.6; AR 385-55, Appendix B, paragraph B-3h).

- Turn on your headlights and ride defensively.

- Avoid the center of the lane where debris and oil build up.

- Ride at a safe speed and never ride if you've been drinking.

- Take a course to learn or reinforce safe riding techniques.

### Tips for Drivers —

- Be on the lookout for motorcyclists on

**Puerto Rican law and Fort Buchanan regulations require full compliance with proper safety gear, licensing and operation of a motorcycle. Contact DES for conformance to requirements.**

the highway, especially intersections.

- If you are passing a motorcyclist, move to another lane if possible and give them plenty of room.

- Watch for riders who may need to maneuver around potholes and debris.

**Potential actions to Promote Compliance with Motorcycle Safety Standards —**

- Judicial and non-judicial punishment.

- Suspension or revocation of Installation driving privileges.

- Assessment of installation traffic points.

- Denial of Installation access.

- Impoundment of motorcycle or ignition keys.

- Motorcycle safety training. Other administrative measures. Other actions include oral or written counseling, a memorandum of admonition or reprimand, or similar measures.

Many motorcycle riders whether riding for work or pleasure have little or no formal riding training and think of motorcycles as toys.

Given the proper respect, motorcycles can be a valuable work tool and provide considerable entertainment.



## Manage stress — managing life

Ft. Buchanan Safety Office

It's hardly news that stress causes illness, alcohol and drug abuse and divorce, among other things. But what we're just starting to understand is how the effects of stress do harm in the workplace. Stress leads to a host of adverse effects on business including early retirement, absenteeism, increased turnover and unsafe behaviors. Consequently, companies are coming to recognize that they need to help their employees manage stress. More often than not, the company expects the safety director to play a leading role in that task. To help you meet the challenge, I'd like to propose 12 ideas to share with your employees to help them do a better job of stress management.

**The Physiology of Stress & Distress**

Many confuse stress with distress. Distress resulting from tragic or unhappy events in our lives certainly creates mental adversity. But distress is, for most people at least, a finite and limited experience. Stress is ongoing. Stress is generally a reaction to the silly, little things and inconveniences we all encounter in our lives, such as having to wait in line or getting stuck in traffic that rev up our fight or flight engines most often.

And every time you start up your fight or flight engine over a minor inconvenience, you're causing your body harm. Here's what happens to your body when you experience distress and stress:

- Cortisone is released from the adrenal glands;
- Thyroid hormone is increased in the bloodstream;
- Endorphin is released from the hypothalamus;
- Sex hormones are reduced;
- The entire digestive tract shuts down;
- Sugar is released into the blood;

See Stress \_\_\_\_\_ Page 8

## Fort Buchanan



Photos by Marc McCormick

Fort Buchanan's WaterSpout celebrated its 10th anniversary with a cake cutting presided over by the garrison commanding officer Col. Edwin C. Domingo. Along with children attending the water park and the staff of the Water Spout, new manager Jenny DeVanna (to the right of Col. Domingo), wife of Buchanan's veterinarian Capt. Justin DeVanna, welcomed all the visitors to enjoy the facility and treats

## Santurce, San Juan



Placita de Mercado is a local produce market in Santurce. Located on Calle Canal, the market occupies all of the plaza. Thursday, Friday and Saturday nights the plaza is well known for its entertainment and restaurants. The neighborhood has little to no parking but there is a parking lot on the backside of the row of stores opposite the plaza which sell meat products and there is a multi-level parking building nearby.



# Army debuts Wounded Warrior sports program

**Tim Hipps**  
*Army News Service*

**ALEXANDRIA, Va.** — The Army will launch a Wounded Warrior Sports Program for active-duty Soldiers with life-altering injuries in January, giving them the opportunity to compete at the national level.

The Army will pay for the athletes' registration fees, transportation, lodging and per diem while they compete at selected events. Athletic attire also will be issued to the Soldiers, who will represent the Army during competitions.

"The goal is to allow our wounded warriors an opportunity to continue to participate and compete in state and national competitions," said Willie Wilson, acting director of Soldier programs at the Army Family and Morale, Welfare and Recreation Command.

"We have more and more wounded Soldiers staying on active duty who participate in sports. This is an avenue for them to continue their athletic dreams."

The program was designed for Soldiers injured in war - primarily amputees - who have remained athletically active at the installation level, where finding suitable competition can be

difficult.

"We're trying to help keep these Soldiers active," Army Sports Specialist Mark Dunivan said. "We want to give them the same opportunity that the able-bodied Soldiers would have to compete in a sport."

The Soldier-athletes must meet established standards to be considered for support in their respective sport. U.S. Paralympic officials served as advisors to help create the program and recommended the qualification criteria.

"Everybody is not going to be a Paralympic athlete, nor does everybody want to be active," said John Register, associate director of outreach and development for the U.S. Paralympic Committee. "This program allows for an avenue that is more greatly needed than the Paralympic side of the house."

Register was an Army World Class Athlete Program competitor in track and field before a hurdling accident led to the partial amputation of his left leg.

He competed in swimming at the 1996 Summer Paralympics in Atlanta and won a silver medal in the long jump at the 2000 Paralympic Games in Sydney, Australia.

"The Army is providing op-

portunities that are not special or different or unique - it's just opportunities that it would provide to anybody else," Register said. "The Army has All-Army Sports programs on its calendar. This is just a seamless transition onto the All-Army calendar that is just taking care of our own. Whether you have the physical disability or not, the opportunity is there for you to participate, and it's no different if you're an able-bodied athlete."

"For WCAP to add this program is phenomenal. It's taking care of Soldiers, and that's the right thing to do. It's for all those troops on the ground that need some place to continue their sports," he added.

The first event is for adaptive skiers, scheduled for Jan. 24-28 at Winter Park, Colo. An adaptive snowboarding competition follows at the 2008 USA Snowboarding Association National Championships March 31 through April 7 at Copper Mountain, Colo.

Archery, air rifle and pistol shooting, swimming, track and field, and weightlifting competitions are available for disabled athletes April 17-20 at the Desert Challenge Regional Games in Tempe, Ariz.

The Mid-America Games will play host to track and



Tim Hipps

**In January, the Army will launch a Wounded Warrior Sports Program for active-duty Soldiers with life-altering injuries such as the amputees who ran in October's Army Ten-Miler in Washington, D.C.**

field competitors May 2-4 in Stillwell, Kan. The Endeavor Games, scheduled for June 5-8 in Edmond, Okla., will offer archery, basketball, pingpong, shooting, swimming, tennis and weightlifting.

The National Veterans Wheelchair Games, scheduled for July 25-29, offer the aforementioned sports, along with air-gun shooting, nine-ball, softball, quad rugby, bowling, handcycling, power soccer and wheelchair slalom.

The 60th National Amputee Golf Championships, slated for Aug. 19-22 in Castle Rock, Colo., is the final event on the original list, which is subject to change. A half-marathon and triathlon likely will be added soon.

Instructions for the application process to participate in the Wounded Warrior Sports Program are accessible on the Internet at Web site [www.ArmyMWR.com](http://www.ArmyMWR.com) by clicking on Recreation & Leisure, and then clicking on Sports & Fitness.

## Army outlines future force development

*Army News Service*

In January 2008, the President recommended to Congress that we grow Army end Strength by 74,200, a growth of 65,000 in the Active Component, 8,200 in the Army National Guard, and 1,000 in the United States Army Reserve.

This plan to expand the size and rebalance the Army provides additional ground forces to meet demands, mitigate persistent capability shortfalls, and reduce stress on Soldiers and Families.

This message will layout our Army's stationing plan to build —

- Six Brigade Combat Teams and;
- Eight Support Brigades;
- And restation two additional support brigades, all in the active component.

The foundation for the stationing plan is the execution of BRAC-directed realignments.

This plan relocates —

- 1AD from Germany to Ft. Bliss, Texas;
  - And 1 ID from Germany to Ft. Riley, Kansas.
- to Ft. Knox, Ky. by September 2011, as required by law, while extending BCT capabilities in the European command for an additional two years through the placement of BCTs in Germany in 2008 and 2010.

In accordance with the Record of Decision for the Army's Programmatic Environmental Impact Statement, the Army will grow six Infantry Brigade Combat Teams by —

- Retaining one IBCT at Ft. Carson, Colo. in FY08.
- Growing an IBCT at Ft. Bliss, Texas in FY 09.
- Converting one Heavy Brigade Combat Team to an IBCT at Ft. Stewart, Ga. in FY10.
- And growing three IBCTs in FY 11, one each at Ft. Stewart, Ga., Ft. Carson, Colo., and Ft. Bliss, Texas.

The two Brigade Combat Teams stationed in Germany for two years will tentatively relocate to

Ft. Bliss, Texas and White Sands Missile Range, N.M. in FY 12 and 13, respectively, pending National Environmental Policy Act analysis.

The Army will also activate eight active component Support Brigades and restation two others as part of rebalancing the force at the following locations —

- In FY08, an Air Defense Artillery Brigade headquarters at Ft. Hood, Texas.
- And an Engineer Brigade headquarters at Schofield Barracks, Hawaii.
- In FY09, the Army activates an active component Maneuver Enhancement Brigade at Fort Leonard Wood, Mo.
- In FY10, a Fires Brigade activates at Ft. Bliss, Texas

And an MEB will be restationed to Ft. Richardson, Alaska, pending completion of supplementary environmental analysis in accordance with the NEPA.

- In FY 11, the Army activates an active component Expeditionary Sustainment Command headquarters at Ft. Lewis, Wa.

And a Sustainment Brigade at Ft. Hood, Texas.

- Finally, in FY 13, the Army activates an active component Battlefield Surveillance Brigade at Ft. Polk, La.

And retains a Military Police Brigade at Schofield Barracks, Hawaii.

And restations an MEB to Ft. Drum, N.Y.

To support these six new IBCTs and eight new Support Brigades the Army is simultaneously announcing the stationing of approximately 30,000 Soldiers in Combat Support and Combat Service Support units throughout the United States as well as various overseas locations.

The details are contained in a report directed by the FY07 Emergency Supplemental Appropriations' Act.

It requires the Secretary of Defense to submit a stationing plan to support Army Growth.

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# Orengo — in graphic detail

**Marc McCormick**  
El Morro

In 1964 the (San Juan) Museum of Art on de Diego Ave. was a hospital. There, Marcos Orengo was born. Later the hospital would become a museum and Marcos would become an artist. Serendipitous.

Orengo works for Fort Buchanan DOIM's Visual Information section as a graphic artist. You see the result of his work at every garrison function, the posters and signs that adorn the offices and buildings of Fort Buchanan and other public events.

Orengo also, when required, also takes photographs, videotapes and assists with other VI functions when called upon.

He has worked at VI for seven years, starting when VI was known as TASC.

He has an extensive background in the arts graduating from the University of Sacred Heart in Santurce in with a degree in Communications.

Following school, Orengo worked for several commercial organizations including becoming the creative director for two agencies.

Working in Adobe Illustrator, Photoshop, Freehand and Corel Draw, Orengo supports graphic requests from garrison entities and other authorized agencies such as 1st MSC, Puerto Rico National Guard, Puerto Rico ROTC and the Virgin Islands. As the island wide garrison concept comes closer to reality, his work load is sure to increase.

Described as a very quiet, shy and gentle person, there are two sides to Orengo — the yin and yang, so to speak.

He is also a certified artisan of Puerto Rico meaning he is authorized to show and sell his work on the island. The majority of his work is in sculpting working in clay, bronze, etc. He also draws in pencil and charcoal and other mediums to round out his artistic palette.

On the flip side, he is a kendo sensei, or teacher. He has been certified through the International Kendo Shin-yu-Kan and the All Puerto Rico kendo federation for the rank of Shodan — equivalent to a karate black belt.

He offers a school instructing kendo on Andalusia Ave. in San Juan called Aikikai. Through the discipline, training and simplicity of the Japanese art of Kendo, he is able to improve his workplace art, each complimenting the other. A valuable addition to the capabilities of Visual Information, Orengo is one of the many specialists of DOIM who continually provide mission support to Fort Buchanan.



Leo Martinez

**Marcus Orengo, visual information specialist, reprints an oversized graphic for a customer. This is one of the many services he and Visual Information have the capability to provide.**



Photos by Marc McCormick

## Staying youthfully fit...

Fort Buchanan Youth Services and the Fitness Center offer a variety of fitness classes for all ages. One of the programs offered is Tae-Kwan-Do for youngsters of all ages. From beginners to high rank practitioners, children can learn the valuable skill that provides control, discipline as well as conditioning. At this session, the instructor watches the class and rates each individual on their techniques as they perform a series of stances and moves. Waiting to perform is a red belt and the boy pictured on the left has attained a black belt. Enrollment is continuous and you can obtain information by calling Child Youth Services at x3399.

## Buchanan sports in search of coaches



The Fort Buchanan Pee Wee Football Pirates are looking for players and coaches who want to be part of our winning tradition.

Players are welcome for every category from C to AA. We are in need for coaches, and we know you are out there, to coach and share their experiences and help the players.

For more information, contact Carlos Rodriguez at 397-4338 or email Jane Erickson at [yuqueclan@yahoo.com](mailto:yuqueclan@yahoo.com). You can also visit Web page [www.prpeeewee.com](http://www.prpeeewee.com).





# Air Force assists Army with medical services in Costa Rica

**Staff Sgt. Austin M. May**  
for Army News Service

**PIEDRA MESA, Costa Rica** — For the first time in more than three years, U.S. servicemembers from Joint Task Force-Bravo deployed to Costa Rica for a Medical Readiness Training Exercise Dec. 17.

More than 600 patients were seen during the two-day exercise, with five patients critical enough to require air evacuation to the city of Limon, a 15-minute flight that would have taken days to hike through the mountainous terrain. The 1st Battalion-228th Aviation Regiment transported a girl diagnosed with cerebral palsy and pneumonia, which was the most critical case seen by the team.

"They brought this little girl here, immediately diagnosed her with a serious illness, potentially fatal, and a Black Hawk was able to airlift her to Limon," said Mark Langdale, U.S. Ambassador to Costa Rica, who visited Piedra Mesa during the first day of the exercise. "So just by being here today we may have saved that girl's life."

The team, made up of 28 Soldiers and Airmen from Soto Cano Air Base, Honduras, spent two days in the village of Piedra Mesa operating a makeshift clinic for the people in the area.

Dr. Miguel Coello, a Honduran medical liaison officer with JTF-Bravo's medical element, said the majority of patients seen by the team had upper-respiratory infections, dermatological issues, diarrhea and pneumonia.

A small group had parasitic infections which were treated by the Costa Rican Ministry of Health personnel present at the site.

"We were invited here by the Costa Rican Ministry of Health to help the isolated people of this country," said Air Force Master Sgt. Troy Himes, the noncommissioned officer in charge of medical operations at MEDEL. "It's a phenomenal feeling to be able to provide true humanitarian assistance to people who really need it."

The various divisions of the clinic included preventive medicine, nurse triage, a pharmacy and health-care providers, Master Sgt. Himes, who is deployed to Honduras from Wright-Patterson Air Force Base, Ohio, said. He added reports indicated several families had hiked for more than a week to reach the MEDRETE site despite heavy rainfall and flooding in the area.

Ambassador Langdale said the mission has been several years in the making, but worth the effort. The reaction has been 100 percent positive, he explained, although the Costa Ricans are not used to seeing a military presence in their country since they abolished their own in 1948. The ambassador said the country has been "unplugged" to what the U.S. has been doing in the Southern Command area of responsibility, which includes Central America.

"We're kind of moving forward in re-establishing these relationships," he explained. "It will take time, but I feel good about it; I feel optimistic."

Ambassador Langdale said the benefits of the mission were immediately visible to those at the site, and the efforts extended beyond Piedra Mesa to other parts of the country.



Staff Sgt. Austin M. May

**Col. (Dr.) Stephen Bernstein, Joint Task Force-Bravo Medical Element, administers a shot to a native Costa Rican man at a makeshift clinic here. JTF-Bravo deployed 28 servicemembers from Soto Cano Air Base, Honduras to Costa Rica, at the invitation of the country's Ministry of Health, for the first medical readiness training exercise in more than three years.**

The work being done at the site had a profound impact on those involved, like Tech. Sgt. Jennifer Parker. She said the MEDRETE, which was her first during her four-month deployment to Honduras from Langley Air Force Base, Va., was an immensely gratifying, but surreal experience.

"This is the kind of place I've only seen in magazines and on television," she said during the first day of the mission. "To be standing here, actually talking to these people and reaching out to them is an incredible feeling. This is the culmination of everything we prepare for at Soto Cano."

## Army improving assault pack

**NSRDEC**  
Public Affairs

**NATICK, Mass.** — Finding a way for Soldiers to accomplish their missions more easily is what lies behind the design of many products created by the Individual Equipment Lab at the U.S. Army Soldier Systems Center here.

"Part of our job is to spend time with Soldiers in the field and look at what they are doing, and see if there is a way we can improve how Soldiers carry their equipment," said Richard Landry, equipment designer. When service members tour the SSC, their ideas and suggestions for individual equipment are considered to determine if they are practical.

Currently, the lab is working on a tactical sling bag, a project created by the SSC load-bearing team for the Product Manager Clothing and Individual Equipment group under the Program Executive Office Soldier.

"Soldiers use the MOLLE [modular lightweight load-carrying equipment] assault pack, which is like a daypack, and they love it," Landry said. "But one of the problems is that they can't sit in a vehicle while wearing it." It is also difficult for the Soldier to access equipment inside the packs when it is on their back, he continued. And, during the time they have to stop to put on or take off their packs, they are left in a vulnerable

position.

Landry said the sling bag could be slung over a Soldier's back, out of the way. The bag could be rotated to the front if the Soldier needed to access equipment or get into a vehicle.

"We started by looking at civilian carrier bags," he said. "We needed to find one that could be used not only inside a vehicle where they could reach items easily, but something that could be effective throughout their mission."

The team from the Individual Equipment Lab looked at commercial bags, but couldn't find one that met the necessary requirements. The current prototype created by the lab has about 700 cubic inches of space and is slung over one shoulder. It has MOLLE webbing on the front so the user can add various pouches from the MOLLE system. It also has a secondary security strap to ensure it stays in place with a pull-tab for quick separation when needed.

He thinks the sling bag would be a valuable tool for medics. "This would essentially give medics a hands-free capability while ensuring their supplies are easily available," Landry said. "Additionally, if the medic came under fire while treating a casualty, they wouldn't have to worry about leaving supplies behind. They could always be attached to his body."

Although the sling bag has been roughly sized around the combat



File Photo

**A tactical sling bag could give Soldiers in the field a hands-free capability.**

lifesaver kit, Landry and other service members already see plenty of additional uses. "This bag could be helpful for anyone who will be carrying small electronics," he said. "...even laptops."

The Chaplain at SSC was also recently looking for something for the components of the resupply kit. "He thought the sling bag was a good fit," Landry said.

From here, the idea will be to incorporate the sling bag into the MOLLE system as an accessory item. Landry concluded by saying, "The MOLLE system is constantly changing based on what we learn from Soldier feedback."

## Army helps vets

**Samantha Quigley**  
Army News Service

**WASHINGTON** — Transitioning from military to civilian life can be daunting for some, but one group is helping to streamline the process.

Fast Forward Community Technology Center, in Columbia, S.C., provides access to technology and technology education to people who might otherwise have access. Recently, however, the group has created a program to provide veterans with tools necessary to successfully transition into civilian employment.

"The main effort of the 'Homefront Readiness' program is to help military veterans find good, secure jobs within the civilian sector," said Becca Smith, the program's director.

Veterans meet with Smith to decide on a course of action, which can include anything from getting help with technology and job skills to networking. She can help them create or edit a resume or find military-friendly employers in the area.

"We have been incredibly successful thus far," Smith said.

"Currently, 69 veterans are enrolled in the program, and 16 have secured civilian jobs."

She said more than half of veterans participating in Homefront Readiness have increased their technology skills. "I believe it's the personalized attention and individualized plan that makes our program different and that helps veterans achieve success in the civilian sector," she said.

Homefront Readiness recently became a supporter of America Supports You, a Defense Department program connecting citizens and corporations with military personnel and their families serving at home and abroad.

"I'm excited about the networking aspect of being on the (America Support You) Web site," Smith said.



# First Lady learns about military kids

**Samantha L. Quigley**  
*American Forces Press Service*

**ANDREWS AIR FORCE BASE, Md.** — First lady Laura Bush attended a special event to learn about challenges facing military youth and to let them know they're not forgotten.

"We need to get the word out to children of all of our military families, (that) we know you do serve also, and (of) the sacrifices you make with your parents gone for a long part of your childhood. We want military kids to know we are aware of that," Bush said during the special "Helping America's Youth" event at the base youth center. "We (also) know that if children have caring adults in their lives, they're more likely to make wise decisions for their own lives," the first lady said.

"And when your parents are deployed, it's really important that other caring adults have an opportunity to step in and help young people while their parents are away," she continued, adding that she knows many do have that benefit. Helping America's Youth is a nationwide effort to raise awareness about the challenges facing the nation's youth and to motivate caring adults to connect with youth in the areas of family, school and community.

Dr. Stephen Cozza, professor of psychiatry at the Uniformed Services University, told the audience that military kids have just as tough and important a job as their parents do. Despite that, they're resilient, he said.

"We need to remember, first and foremost, that they are generally a healthy and capable group of



Samantha Quigley

**Taylor Rice (center), 10, a member of the Andrews Air Force Base Youth Center, and Rachel Seagraves (right), a school-age programming assistant at the center, show first lady Laura Bush one of the projects military children are working on at the center. Mrs. Bush participated in a "Helping America's Youth" special event to learn about the special challenges military children face.**

youngsters who possess strengths that are at least equal to their civilian counterparts," said Cozza, who also serves as the associate director for the Center for the Study of Traumatic Stress. He went on to note that certain events and situations can cause increased stress on military children.

Combat deployments tax even the healthiest families, and multiple deployments even more so, he said. The combat experience itself can affect servicemembers, and consequently their children.

## Stress

- Insulin levels are increased to metabolize the extra sugar;
- Heartbeat races;
- Blood thickens; and
- All five senses become acute. (Source: "The Joy of Stress by Hanson Stress Management")

### 12 Ways to Manage Stress

Thinking about what stress does to our bodies, is very, I guess, stressful. I suggest that you share the above description of the physiology of stress with your employees. And let them know that they can do something to minimize the physiological wear and tear that stress inflicts on them. Stress can be managed. Here are some suggestions that can help your employees handle the effects of stress:

#### 1. Work on Your Attitude —

Dr. Paul J. Rosch, president of the American Institute of Stress, says that the single most important point you can make about stress is to impress on people that the problem is not the stimulus but the reaction to the stimulus. Stated differently, getting stopped at a red light doesn't release hormones and blood sugar; "stressing out" because the light turned red does.

In short, stress can only hurt you if you allow it to. Changing the way you think shields you from stress.

Impress on employees the importance of not letting the little things bother them.

#### 2. Think about Something Else —

Anything that will help you shift your perspective instantly is useful when you're under the gun. You want to distract yourself—to break whatever chain of

thought is producing the stress. Thinking about almost anything else will do that.

#### 3. Think Positive —

Thinking about a success or a past achievement is excellent when you're feeling uncertain, such as before a presentation, meeting with your boss or other dreaded or distasteful task. You're instantly reminded that you've achieved before, and there's no reason you shouldn't achieve this time.

A corollary to the power of positive thinking is to learn to view adversity not as an occasion for fretting but as a challenge and an opportunity. Thus, a difficult assignment can be seen as an opportunity to improve skills and prove one's value.

#### 4. Take a Mental Vacation —

According to Ronald Nathan, Ph.D., director of Family Practice and Psychiatry at Albany Medical College, taking a mini-vacation in your mind is a very good way to relieve and manage stress.

"Visualize yourself lying in warm sand on a beach in the Bahamas, a cool wind blowing in off the ocean, the surf rolling in quietly in the background. It's amazing what this can do to relax you."

#### 5. Count to 10 —

Refusing to respond to stress immediately can help defuse it. Making a habit of pausing and relaxing, just for a few seconds, before responding to the routine interruptions of your day can make a clear difference in the sense of stress you experience. Although it's a bit of a cliché, cutting off an instant reaction



and counting to 10 really settles the mind and the senses.

#### 6. Use Affirmations —

Remember Stuart Smalley—the character played by Al Franken on Saturday Night Live? When faced with difficulty, he'd recite the self-affirming mantra, "I'm good enough; I'm smart enough; and doggone it, people like me."

The lisping, wimpiness of Stuart's behavior belied the soundness of his technique. The fact of the matter is that self-affirmation works. Your employees should have their own mantra of affirmation to use when they feel stressed. It doesn't have to be complicated. Just chanting "I can handle this" to yourself or "I know more about this than anyone here" can work.

It pulls you away from the animal reflex to stress—the quick breathing, the cold hands—and toward the reasoned response, the intellect—the part of you that really can handle it. The result? You calm down.

#### Conclusion —

To help your employees manage stress, you need to educate them about what stress is and show them the techniques they can use to manage it.

I think these six suggestions represent an excellent start.

From Page 4

# Knight goes to court

Attends week long leadership conference in D.C.  
*Another avid Antilles student has met the academic challenge of excellence! Participates in Moot Court.*

**Pat Ortiz**  
*Antilles High School*

Natalie Knight received an invitation to The National Youth Leadership Forum in Washington, D.C. based on her academic achievement and leadership ability.

Natalie left Puerto Rico on Nov. 27th and had a valuable learning experience in more ways than one. She participated in the Forum on Law and was a standout there. She also discovered the forces of nature; her flight was cancelled due to bad weather and didn't arrive home until Dec. 2.

Understanding the purpose of the Forum is a good place to start. The National Youth Leadership Forum on Law introduces high school sophomores, juniors and seniors from across the nation to careers in the legal field. The six day program offers the students the opportunity to meet professionals from the top legal

firms, observe the legal process in action and interact with faculty from renowned law schools. Students test the fundamentals of law through simulations and engage in debate over several legal issues facing the country today.

At the end of the week, students conduct a model Supreme Court hearing based on an actual case. Participants learn and apply court procedures as they analyze and argue the constitutionality of the issue at hand. Some immerse themselves in the roles of attorneys or Justices. Natalie was chosen to serve as a Supreme Court Justice at this mock trial.

Throughout this student-led simulation, participants gain an understanding of the judicial process and develop critical thinking, public speaking and leadership skills!

WOW... I can see why it takes a week to attend this forum. WAY TO GO GIRL!

**Do you have a child with special needs?**

**Do you need a break?**

**Help is available!**

Funding is now available to pay for respite care of family members with special needs who are enrolled in the Exceptional Family Member Program (EFMP) and who meet specific medical criteria. The qualifying EFM is eligible to receive a maximum of 40 hours monthly. Contact your local Installation EFMP Manager for more information.

Raymond Morder  
Exceptional Family Member Program Manager  
787 707-3295, DSN 740-3295

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# Volunteers for VISTA wanted

**Manuel Merino**  
Ft. Buchanan ILO

Puzzled by the tax law or which credits and deductions to take? Need assistance with your tax return? You may want to visit a volunteer site. The IRS Volunteer Income Tax Assistance Program offers free tax help if you qualify. *Assistance on Fort Buchanan will be offered beginning in February 2007.*

Trained community volunteers can help you with special credits, such as Earned Income Tax Credit, Child Tax Credit, and Credit for the Elderly for which you may qualify. In addition to free tax return preparation assistance, many sites also offer free electronic filing. Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper — even faster if you have your refund deposited directly into your bank account.

The VITA Program offers free tax help to low-to moderate-income (\$39,000 and below) tax payers who cannot prepare their own tax returns. Volunteers sponsored by various organizations receive training to help prepare basic tax returns for communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing. To locate the nearest VITA site, call 1-800-829-1040.

## Military personnel and their families get free tax help!

The military is one the strongest partners in the VITA Program.

The Armed Forces Tax Council consists of the tax program coordinators for the Army, Air Force, Navy, Marine Corps, and Coast Guard.

The AFTC oversees the operation of the military tax programs worldwide, and serves as the main conduit for outreach by the IRS to military personnel and their families.

Marines, Airmen, Soldiers,

Sailors, and their families worldwide get tax preparation help at offices within their installations. These VITA sites provide free tax advice, tax preparation, and assistance to military members and their families. They are trained and equipped to address military specific tax issues, such as combat zone tax benefits and the effect of the new Earned Income Tax Credit guidelines.

Commanders support the program by detailing service members to prepare returns and by providing space and equipment for tax centers. The IRS supports these efforts by providing tax software and by training service members to prepare taxes at the military sites. Most servicemembers file their tax returns electronically at their tax centers and, by selecting direct deposit, receive their refunds in as little as one week. This combined effort ensures that service members receive free tax assistance from well-trained and equipped military tax preparers.

## Items you need to bring to the VITA/TCE Sites to have your tax returns prepared —

- Must bring photo identification Social Security Cards for you, your spouse and dependents.
- BirthDates for primary, secondary and dependents on the tax return.
- Current year's tax package if you received one.
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers.
- Interest and dividend statements from banks (Forms 1099).
- A copy of last year's federal and state returns if available.
- Bank routing numbers and account numbers for direct deposit.
- Other relevant information about income and expenses.
- Total paid for daycare.
- Daycare providers' Employer Identification Number.

To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.

It is extremely important that each person use the correct Social Security number. The most



accurate information is usually located on your original social security card.

Each year hundreds of thousands of returns are delayed in processing or credit/deductions are disallowed because names and Social Security numbers do not match Social Security Administration records. To prevent processing delays in paper returns and rejected electronically filed returns, volunteers check the accuracy of each Social Security number, as well as the spelling of the name associated with the number.

If you or your dependents are not eligible to get a Social Security number you may need an Individual Taxpayer Identification Number.

If you have not received your Forms W-2 from your employer and want to know what to do, you may obtain information here.

There are payment options available when using IRS e-file. If you owe, you can make a payment by authorizing an electronic funds withdrawal (direct debit) from a checking or savings account, paying by credit card (Discover Card®, American Express®, MasterCard® or VISA® Card), or by check or money order (made out to the United States Treasury) using Form 1040-V, Payment Voucher.

## The Installation Legal Office is requesting volunteers for the upcoming Tax Season. Training will be Jan. 14 - 18 and will be open for twenty volunteers.

After successful completion of the training, all volunteers will be VITA certified.

For additional information contact the Installation Legal Office at 707-5155.

# TSGLI enhances program through advisors at Medical Treatment Facilities



**Lt. Col. Kevin V. Arata**

U.S. Army Human Resources Command PAO

**Washington** — Traumatic Servicemembers' Group Life Insurance, a congressionally-mandated insurance program for members of the Armed Forces, is reaching out to more Soldiers and their Families through the addition of Soldier Family Support Specialists at 10 critical Military Treatment Facilities across the country.

This is being done to provide consistent advice and assistance to all Soldiers and Family members so they can seamlessly file claims for traumatic injuries.

The program, which is supported by Veterans Affairs Administration, since its inception, has provided \$152 million to traumatically-injured Soldiers alone.

SFSSs are subject matter experts who demonstrate a wide breadth of knowledge about the TSGLI program and have gained expertise in briefing and assisting Soldiers and their Families with the claims process.

They work closely with the Warrior Transition Units and the Soldier Family Assistance Centers at the MTFs to provide their services.

The addition of SFSSs will improve communication efforts, ultimately increasing the number of awarded claims for TSGLI.

"SFSSs are vital liaisons between the Soldier and medical community, ensuring the timely and accurate submission and processing of TSGLI claims," said Col. John F. Sackett, who leads the TSGLI Branch under the Army's Human Resources Command, in Alexandria, Va.

The SFSSs perform a variety of duties including claims form assistance, medical documentation assistance, payment information and issue escalation to the TSGLI staff headquarters.

SFSSs will also provide guidance on the most difficult loss areas in the activities of daily living, which include eating, bathing, dressing, toileting, transferring, and continence as they relate to the TSGLI claims process.

"Training SFSSs then deploying them to key MTFs makes them a permanent fixture to the TSGLI infrastructure and will expand our reach to the men and women of the Armed Forces," Col. Sackett said.

"Through this new initiative, we are demonstrating our ongoing and ever increasing commitment to help traumatically wounded or injured Soldiers and their Families in their time of need."

SFSSs have been deployed to the following MTFs —

- Walter Reed Army Medical Center, Washington, D.C.
- Brooke Army Medical Center, Ft. Sam Houston, Texas.
- William Beaumont AMC, Ft. Bliss, Texas.
- Darnall Army Hospital, Ft. Hood, Texas.
- Womack Army Medical Center, Ft. Bragg, N.C.
- Schoefield Army Medical Center, Schoefield Barracks, Hawaii.
- Blanchfield Army Community Hospital, Ft. Campbell, Ky.
- Guthrie Ambulatory Army Medical Center, Ft. Drum, N.Y.
- Madigan Army Medical Center, Ft. Lewis, Wa.
- Eisenhower Army Medical Center, Ft. Gordon, Ga.

While the SFSSs operate at these set locations, they will also provide assistance at other MTFs throughout the country.

In addition, other MTFs are being identified for future SFSS deployments.

TSGLI is for Active, Guard and Reserve Soldiers who incur a qualifying traumatic injury at any time during their service commitment, whether on or off duty.

It provides a one time, tax free payment of up to \$100,000 per traumatic event.

The money can be used to help with unseen expenses or provide a financial start on life after recovery.

The program began on Dec., 2005 and all Soldiers covered under SGLI are eligible.

In addition, there is retroactive coverage going back to Oct. 7, 2001 with slightly different eligibility requirements.

For more information about TSGLI, including detailed eligibility requirements and claim submission instructions, contact the U.S. Army TSGLI service center at 1-800-237-1336 or email [TSGLI@conus.army.mil](mailto:TSGLI@conus.army.mil).

You can also visit the Web site at [www.tsqli.army.mil](http://www.tsqli.army.mil).



Courtesy Photos

*With a mixture of pop, rock and salsa, Gabriel Rios (left picture, second from right), a 29 year old Puerto Rican, is one of the most famous singers in Belgium for his Latin rhythms. Rios is well-known in Belgium; a television producer came to Puerto Rico to make a documentary about Rios and his family. Gabriel visited Fort Buchanan because his grandfather was in the 65th Infantry Regiment mobilized to Brussels during the World War II. He wanted to speak with members of the regiment, pictured right, to learn about his grandfather's experiences.*



# Annual Christmas, 3 Kings parade hosted at Buchanan



Marc McCormick  
Col. Edwin C. Domingo, commanding officer, Fort Buchanan, gathers children around to light the Fort Buchanan Christmas Tree. The children enthusiastically participated in all the events of the day.



Photos by Leo Martinez  
Several Buchanan organizations took part in the holiday parade. Above, members of the local Girl Scouts took to the streets demonstrating their holiday spirit. Below, Fort Buchanan's Army Community Service workers dressed up themselves and their special sleigh.



Leo Martinez  
It's always fun for the kids. School Age Services children react to the applause they received from the crowds during the parade.



## Two traditions meet during the holiday season



Félix Año Nuevo and Feliz Día de Los Tres Reyes Magos. Christmas is celebrated in Puerto Rico but it is Three Kings Day that truly captures the Puerto Rican holiday spirit. Here, the 3 Kings wave to the crowds during the Christmas parade.



Leo Martinez  
Here comes Santa! A special thanks to the Mayor of San Juan for assisting Santa in reaching Ft. Buchanan. Always a big favorite with the kids, Santa Claus made his regular stop at the garrison and received a helpful ride from some local helpers.



# Parade, entertainment add to garrison holiday spirit



(left) Mickey and Minnie Mouse put on their Christmas finery to entertain the crowds at the Buchanan Xmas parade. (Upper right) members of El Caney Lodge get into the spirit of the season tropical style. (Below right) Dressed in a holiday court jester style, these children greet the crowd. (below) Face painting was popular with the kids and adults alike.



## Garrison celebrates holiday with hosts Xmas luncheon

Employees receive garrison update, decoration awards from Col. Domingo



**Marc McCormick**  
El Morro

The holiday season at Fort Buchanan got into full swing when the garrison came together for a Christmas luncheon at the Community Club.

Members of the workforce, Soldiers and Family members gathered together for holiday cheer and entertainment.

The first part of the activity saw the Commanding Officer Fort Buchanan Col. Edwin C. Domingo delivering a garrison update.

In his remarks, Domingo updated the audience on the coming garrison activities for 2008.

The members of the garrison received welcomed news in learning that the Post Office will probably stay open in 2008. Domingo pointed out that he was

still in talks with the Postmaster General San Juan and the outlook was bright. The facility would, however, probably have reduced hours of operation.

Next, in addressing the island wide concept of operations, Domingo related that the Puerto Rico National Guard Headquarters would be constructing a new headquarters facility at Buchanan's Pee Wee Field. The actual 2008 construction start is waiting to be announced.

Also in the planning as part of becoming a federal support center for the Caribbean is the move of the Puerto Rico FBI to Fort Buchanan. The exact details of the move and the support provided by the garrison is still being planned.

2008 is poised to become a year of rapid change at Buchanan.



Each year the directorates and offices of Fort Buchanan decorate for the holidays. The commanding officer, along with an employee committee, visit each participating location and judge the creativeness of the displays. Following the visits, the committee awards certificates which are presented by the commander at the annual Buchanan holiday luncheon. Winning this year, (above left) Department of Public Works Director Pasquale Quinones accepts the certificate for 1st place Large Office. (Lower left) Hector Torres, Resource Management Office, and other members of the department, accept the certificate for Overall Office Winner. The winning office for Small Office was Army Community Services. (Right) Rafael Gilestra accepts the winning certificate from Col. Domingo. The certificates were handed out following the annual holiday luncheon at the Community Club. Prior to awarding the certificates the commander provided a garrison update. The competition each year is close and all participants do a wonderful job reflecting their community and holiday spirit.





# 1st MSC, 166th RSG plan for Tradewinds '08



Capt. Anthony John

Lt. Col. Hector Agosto Rivera, Logistics Officer in Charge, 1st Military Service Command, explains the role that the 1st MSC and the 166th Regional Support Group will play in the upcoming multi national Tradewinds 2008 to a team of key participants as Dominican Republic's Brig. Gen. Francisco Gil Ramirez, Commandante de la Primera Brigada de Infanterias Ejercito Nacional and Lt. Col. Lizette Brown, Command Surgeon, 1st Mission Support Command, listen.

## Capt. Anthony John

Tradewinds 2008 is hosted by the Dominican Republic. Its focus is on enhancing regional cooperation and responsiveness in the areas of maritime and ground security, civil-military coordination during disaster response, and other designated military and law enforcement missions.

Tradewinds 2008 will —

- Train participating nations in selected anti-terrorism/security and other aviation/ground/maritime military skill sets.
- Train Caribbean Joint Task Force in command & control of a multinational combined unit.
- Conduct a leadership development course for the Caribbean NCO Corps.
- Train forces on designated marksmanship and Martial arts skill sets.
- Conduct small boat tactics, engineering, and coxswain training in conjunction with the exercise.

Participating countries include —

Antigua-Barbuda  
Bahamas  
Barbados  
Belize  
Bermuda  
Canada  
Dominica  
Dominican Republic [Host]  
French-Antilles  
Grenada  
Guyana

Haiti  
Jamaica  
Netherlands-Antilles  
Suriname  
St. Kitts-Nevis  
St. Lucia  
St. Vincent  
Trinidad-Tobago  
United Kingdom  
United States

## US Reserves prepare for BFRR

### Capt. Anthony John 1st MSC PAO

Traveling from Ft. McPherson to Fort Buchanan, Chauncey Harris, Operations Readiness Analyst Officer, United States Army Reserve Command, explained how to brief Ma. Gen. Alan Bell, Deputy Commanding General, United States Army Reserve Command, as part of the upcoming Battle Focus Readiness Review.

Part of Harris' responsibilities are trips to every command in his jurisdiction. He prepares the various commands for what is an annual event in their readiness review concentrating on all data representing command readiness.

Basically, BFRR analyzes management tracking tools — ITRS, RLAS, and ATRRS. Each encompasses and manage strength, readiness, school participation, physical fitness, marksmanship, etc.

The units that Harris has visited in-

cludes those with operational and functional commands in various states ranging from California, Texas, New Orleans, Florida to Puerto Rico.

Among other issues, training dollars will be allocated if Soldiers need to become reclassified due to the transformation of the Army Reserves in Puerto Rico. As the 1st Mission Support Command transforms without a place to practice their respective military occupational skills, the affected Soldiers will be re-trained accordingly.

"The 1st Mission Support Command has a great history of supporting the United States Army Reserve Command and the Army Reserve in total," Harris said. "Just to mention a typical example of strength and pride that has been exhibited in this command is indicative of the 246th Mortuary Affairs unit that is one of the best units in the entire U.S. Army Reserve."



Photos by Capt. Anthony John

Chauncey Harris (standing), Operations Readiness Analyst Officer, United States Army Reserve Command, Ft. McPherson, Georgia answers a particularly tough Battle Focus Readiness Review question posed by Col. Hector Lopez, commanding officer, 210th Regional Support Group as Maj. Luis Pomaes, intelligence/operations officer, 210th RSG and 210th Command Sgt. Major Dennis Cintron, listens in on how to address the BFRR challenge.



Under the watchful eye of Jay Bevard, Director, U.S. Army Memorial Affairs Activity-Europe, Landstuhl, Germany, Sgt. Orlando Rosa, 246th QM, tucks in the stars as Pfc. Jose Roman, 311th QM, holds the colors. On the other end, Spc. Carlos Irizarry, 311th QM, tucks in the stripes as Staff Sgt. Eric Peña, 246th QM, ensures that the colors remain horizontally straight during a practice placement of the U.S. flag. Being the only two remaining Mortuary Affairs units in the Army Reserve, the 246th and the 311th Quartermaster Company (Mortuary Affairs) honors our Warrior Ethos- "I Will Never Leave A Fallen Comrade."

### Maj. Glenda Rivera 1st MSC

Three years ago, former 65th RRC Commanding General Brig. Gen. Jose M. Rosado identified the need to establish a new unit, 512th Transportation Company Detachment in St. Thomas, U.S. Virgin Islands.



Capt. Anthony John

Maj. Glenda Rivera, Force Development Officer, 1st Mission Support Command and Lt. Col. Aubrey Ruan, Operations Officer for the U.S. Virgin Islands National Guard are seen leading one of the numerous meetings that have been held between the two organizations in an effort to establish the 512th Transportation Company Detachment in St. Thomas, USVI.

Current Commanding General, Brig. Gen. David S. Elmo and the U.S. Virgin Islands National Guard's Adjutant General, highly support this stationing.

The unit will be under the command and control of the 346th Transportation Battalion located at Roosevelt Roads, Ceiba, Puerto Rico. The USVING agrees to house the 512th Transportation Company Detachment within territorially owned SFC Leonard B. Francis Readiness Center, St. Thomas, converting this center into a joint Armed Forces Center. Since then, several coordinations and meetings have been executed, with the effort to expand the Army Reserve Area of Responsibility to the Caribbean. This unit will be the first USAR unit in the Virgin Islands. The 512th Transportation Detachment, with a total of 21 personnel (3 officers, and 18 enlisted),



# 271st Postal keeps mail moving forward to front

**Capt. Anthony John**  
1st MSC PAO

Sylvester Witherspoon, Regional Post Office Supervisor for the Stuttgart, Germany area, explained that since their arrival the unit has been working non-stop in an effort to process all of the holiday Mail.

On the first day the unit reported to work, a 40-foot container of mixed mail came in late in the afternoon, around the time they were to be finished for the day.

"Primeros Proud" that the Soldiers are, they attacked the container with an attitude and energy not normally seen in his station.

As a result of their efforts, the Soldiers, civilians and families of the Stuttgart area owe their reception, delivery and handling of their holiday season mail to be delivered on time, Witherspoon said. "They have been asked to continue coming back every year as the precedent has been set for a performance level that can only be achieved by the "Garita Soldiers of Puerto Rico."

*(Right) Five of the 10 Soldier 271st Human Resources (Postal) Detachment, Spc. Richard Velasquez, Spc. Jose Hernandez, Sgt. Quecha Perez, Staff Sgt. Robert Ortiz, NCOIC, and Sgt. Angel Morales wasted no time sorting the mail keeping with the time honored tradition "the mail must go through."*



Capt. Anthony John



Capt. Anthony John

## Is there a doctor in the house?

Col. Fernando Fernandez, 166th Regional Support Group Commander, presents this year's American Association of Professional Ringside Physicians Meritorious Service Award to Dr. (Col.) Patrick J. Sullivan with the Medical Corps, Alpha Company, 452nd Combat Support Hospital (Anesthesia), Fort Snelling, Minnesota for work he has done as both a physician and a ringside physician. Dr. Sullivan, a ringside physician in Wisconsin, received his award at the Intercontinental San Juan Resort for the American Soldiers and the Iraqi citizen lives he saved during his multiple tours to Afghanistan and Iraq. Additionally, he has introduced a boxing program for the troops in Iraq, which helped with their moral, as well as their fitness and conditioning. The AAPRP is a 650 member not-for-profit organization dedicated to the health and safety in professional boxing and mixed martial arts.



Photos by Capt. Anthony John

*(Above) Master Sgt. Jesus Ortiz Aviles, 1st Mission Support Command Surgeon's Office Operations NCO instructs Pfc. William Rodriguez, Movement Control Specialist, 273rd Transportation Detachment, how to slowly start a catheter during the second Combat Lifesaver course held at Ramos Hall, Fort Buchanan.*

*Pfc. Efrain Rivera, Light-Wheeled Mechanic, 268th Cargo Transfer Company, watches the computer screen of the mandatory online Accident Avoidance Course as Sgt. Carlos Garcia, senior Forklift Operator,*



*shows him how to access the Combat Readiness Center's Web page to complete the required validation training in preparation for their upcoming deployment to the theater of operations in the Middle East.*



# DDESS gets new superintendent

*Editor's Note: When Dr. Greg Mowen was reassigned, Dr. Arroyo was chosen to be the new superintendent of, what we refer to as, the Antilles School System. Recently, Dr. Arroyo met with the Col. Edwin C. Domingo, commanding officer, Fort Buchanan, as part of her re-introduction to the garrison and Puerto Rico. Below is her biography.*

Dr. Carmen R. Arroyo has been selected as the new Assistant Superintendent DDESS-Puerto Rico Schools. She earned a Bachelor's degree from the University of Puerto Rico in 1971, a Master's degree from Connecticut State College in 1981, and a Ph.D. from the University of Connecticut in 1990 all in the area of Education. Her post doctoral work has centered around Education Administration.

Dr. Arroyo has 34 years of experience in education with major areas of expertise in School Improvement, Assessment, Curriculum and Instruction. She has worked for the Department of Defense Education Activity in Puerto Rico for the past 20 years and the last 15 years have been in the Fort Buchanan community. Also, she has been an administrator at Antilles Elementary School, Antilles Intermediate School, Antilles High School and at the District Superintendent's office. Prior to that she worked with the Department of Education in Puerto Rico, the Public School System in Connecticut and as a professor at the Universidad de Sagrado Corazon in Santurce.

She has been married for 33 years to Carlos Arroyo, has three sons Carlos, Jannel, and Xavier, and is a proud grandparent of three year old Carlos Maximo and six month old Xaphira. She is excited over her new role and looks forward to working with educators, staff and the community to serve the students and families of the DDESS-Puerto Rico Schools.



Marc McCormick  
**Dr. Carmen Arroyo, second from right, meets with Col. Edwin C. Domingo, commanding officer, Fort Buchanan, along with (left) Michael A. Gould, superintendent DDESS VA/NY/IPR; and (far right) Richard Skinner who served as interim superintendent prior to Dr. Arroyo's appointment.**

## SecDef

in uniform are on repeat deployments or have had their tours extended. Many will miss Midnight Mass or have already missed Hanukkah's Festival of Lights. Many will not hear the squeals of delight from their children on Christmas morning. Many will sing nei-

ther carols nor hymns. Instead, they serve half way around the world to honor a pledge they made to the country they love. Please keep our troops in your thoughts and may God forever bless them and this wonderful nation we call home.

From Page 2



Capt. Anthony John

**Standing L-R: Sgt. Luis Barreto-Nieves, Sgt. Joe Rivera-Santiago, Sgt. Luis Franco, Sgt. Jose Perez-Rosado, Spc. Yarom Navarro, and Sgt. Samuel Pacheco. Seated L-R: CSM Dennis Cintron, Command Sergeant Major 210th Regional Support Group; Col. Hector Lopez, commanding officer, 210th RSG; Col. Tom Vandal, Commander, Joint Multinational Readiness Center, CSM Jose Santos, Command Sergeant Major of the JMRC. 210th RSG Soldiers received the Army Achievement Medal for "above and beyond the call of duty" service resulting in the impact award being given while participating in the bilateral US-Russian Torgau 2007 exercise, Hohenfels, Germany.**

PR From Page 1

Some people are surprised to see we're as committed and as patriotic," Lopez said. "We've been ambassadors of the island

and tried to clear up any misconceptions about Puerto Rico. We're as American as the next Soldier."

## 1st MSC honors, trains volunteers

**Capt. Anthony John**  
1st MSC PAO

Jackeline Rosado, an Army Family Team Building volunteer and the spouse of Maj. Benjamin Garcia, Detachment Commander Headquarters and Headquarters Detachment, 210th Regional Support Group, shows how passionately she feels by emphatically explaining how to help Soldiers and Family members communicate more, especially those who are deployed to Iraq and Afghanistan at the recent Army Family Team Building 13th Birthday celebration held at the Community Club, Fort Buchanan, Puerto Rico.

AFTB is a volunteer-led program whose mission is to educate and train the Army family to be self-sufficient leaders in their communities. AFTB classes offers vital information to Family members about the sometimes confusing world of the military. It seeks to improve personal and family preparedness which enhances the overall Army readiness.

This year the 1st MSC, 56 AFTB modules were provided by Volunteer Master Trainers and instructors to the military community to help Army Families understand the impact of the Army mission and the daily challenges this mission imposes on their lives. It provided education, guidance, Family Readiness, empowerment, and volunteer opportunities to Army Families in the Fort Buchanan community.

Annually, the AFTB birthday is used to thank AFTB volunteers whose selfless service allows continued training and educating strong Army Families. The celebration served as a forum to present program updates to AFTB Volunteers and acted as a brainstorming session to get new ideas to promote the program and attract new volunteers.

During this activity, Col. Jose Gotay, deputy commander, 1st Mission Support Command, presented the Master Trainers a Certificate of Appreciation for their hard work promoting self reliant military Families through the AFTB Program.



Capt. Anthony John

**AFTB participants received their Master Trainer's Certificate of Appreciation from Col. Jose Gotay, deputy commander, 1st Mission Support Command. (Left to right) Col. (Ret.) Raul Morales, Delina Morales, Minerva Mendez, Colonel Hector Lopez, Lourdes Gonzalez, Ruth Camacho, CSM (Ret.) Pedro Figueroa, Vicky Cintron, Ernesto Berrios, Limary Cepeda, and Colonel Jose Gotay.**

## 210th H&H Det. change of command

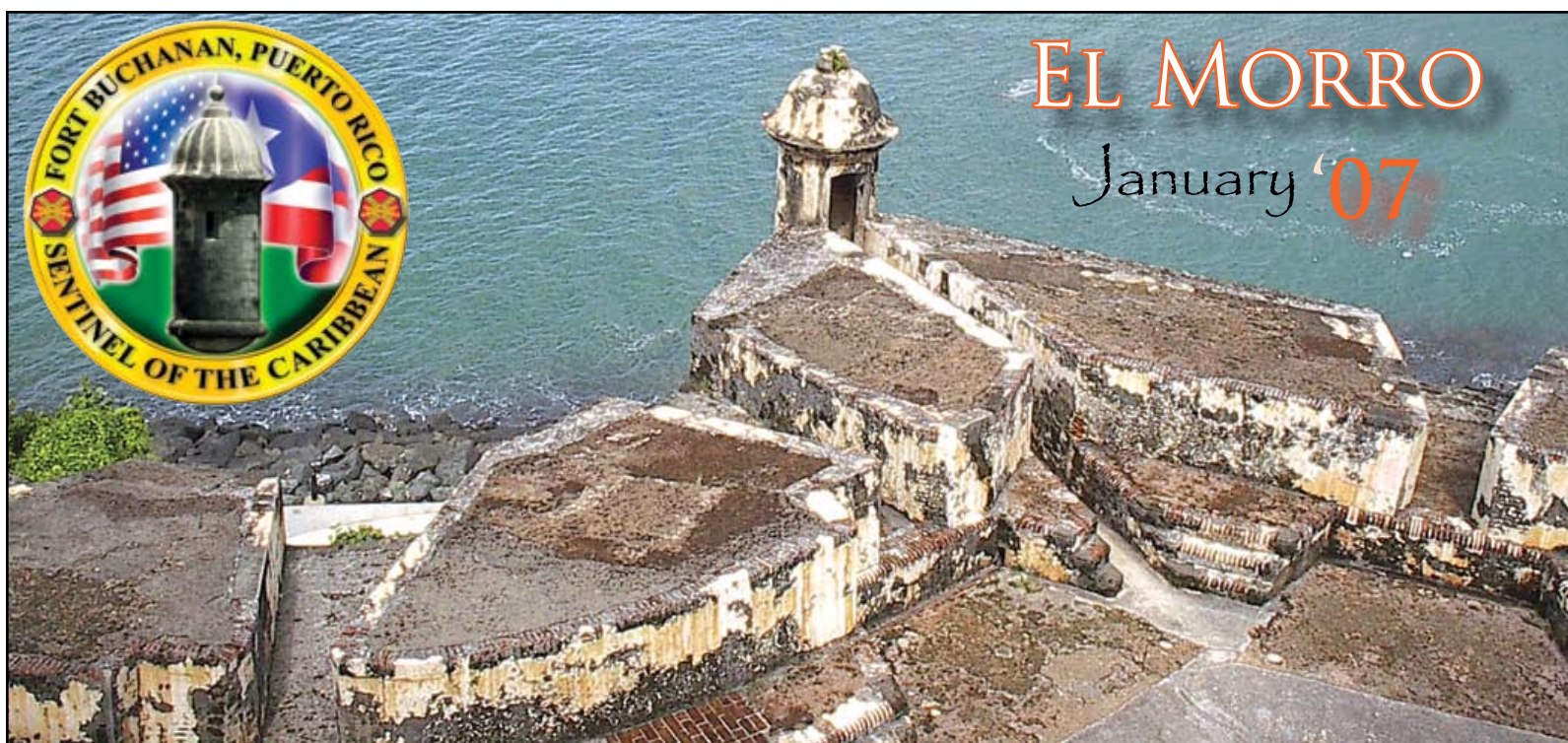


Photo by Capt. Anthony John

**Maj. Benjamin Garcia, 210th Headquarters and Headquarters Detachment Commander, assumed command by receiving the 210th RSG guidon from Col. Hector Lopez, 210th Regional Support Group Commander during the change of command ceremony.**



# 2007 El Morro & Fort Buchanan in Review



Courtesy Photo

## Ft. Buchanan gets ready for NSPS

El Morro Staff

The headline read — “NSPS system coming to Ft. Buchanan in early 2007.”

Fort Buchanan employees greeted the new year by learning that the Department of Defense was switching to a new pay system called NSPS. Not all members of the garrison would be converted in the first phase.

### Performance affects pay —

Because NSPS is a performance-based system, your performance determines your pay. Annually, your organization receives funding for performance payouts. Your performance payout can be in the form of a base salary increase, a bonus, or combination of the two.

## February 2007



Col. Fernando Fernandez receives the colors of the 166th Regional Support Group from Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command, during an Assumption of Command Ceremony held at Maxie-Williams Field. Photo by Joe Bonet

## Col. Fernandez assumes command of newly constituted 166th RSG

El Morro Staff

Headquarters and Headquarters Co., 166th Regional Support Group was constituted Nov. 24, 1967.

The unit was activated Feb. 15, 1968 at San Juan, the unit changed locations to Puerto Nuevo Nov. 1, 1969.

The 166th was withdrawn from the regular Army Oct. 16, 1998 and allotted to the Army Reserve and concurrently activated at San Juan.

Recently, the 166th was mobilized Sept. 11, 2004 and validated for deployment to Iraq.

The unit deployed Oct. 25, 2004 and after a short stay in Kuwait assumed the role as Garrison Command, Victory Base Complex, Baghdad.

During an Assumption of Command Ceremony held at Fort Buchanan's Maxie-Williams Field, Col. Fernando Fernandez received the unit colors from Brig. Gen. David S. Elmo, commanding general, 65th Regional Readiness Command.

## The end of the never-ending shopette gas line

Marc McCormick  
El Morro

Ron Baker, the new manager of the Fort Buchanan Exchange, who arrived here three months ago, welcomed everybody to the ceremonial “dirt turning” marking the beginning of construction of a new gas station facility on post.

The facility will feature new gas pumps, service bays and shopette.

“AAFES exists for two reasons,” Baker said. “Offering shoppers services at good prices as well as provide MWR dividends... such as supporting the bowling alley. And, also take whatever money is left over and build new things here or keep our existing facilities going.”



Col. Stephen M. Ackman (middle), breaks ground with local and regional AAFES officials at the site for a new automobile service station. Photo by Marc McCormick.

## March 2007

## PR makes history with AGR Catholic chaplain

Marc McCormick  
El Morro

The assignment of Capt. Jesus Manuel Muñoz to Fort Buchanan marks a milestone in the Army's AGR program. He is the first AGR Catholic chaplain to achieve this position.

“I am the first Catholic priest appointed to the AGR program. That is a great responsibility because I could be the key that closes or opens the door for the next incoming priests who may be appointed,” Muñoz said. On February 2007 he entered the Active Guard and Reserve program and is currently assigned as a chaplain for the Religious Support Office at Fort Buchanan.

C h a p .  
(Capt.) Je-  
sus Muñoz  
(C a t h o-  
lic) is as-  
signed to  
the Fort  
Buchanan  
Religious  
Services  
Office pro-  
viding Catholic Mass and  
other liturgies in addition to  
counseling services.

Photo by Marc McCormick.



Col. Stephen M. Ackman (right) unfurls the new Installation Management Command colors representing Fort Buchanan as part of IMCOM. Photo by Joe Bonet.

## IMCOM unfurls new colors

Marc McCormick  
El Morro

Fort Buchanan achieved a milestone uncasing of the new Installation Management Command colors. In a ceremony, Commanding Officer Col. Stephen M. Ackman said, “The Army activated IMCOM with the responsibility for installation support to Soldiers and units.”

The casing of the colors and the uncasing of IMCOM colors... signify our renewed commitment to the mission.

## Recycling becomes a way of life at Fort Buchanan

Yvette Robles & Luz Muriel  
Ft. Buchanan DPW

The Directorate of Public Works is pleased to announce the Fort Buchanan Recycling program is back in full swing this month!

The Fort Buchanan Recycling Program was established to implement reduction of waste streams by pollution prevention efforts, reuse of materials and by engaging our community to co-operate with recycling initiatives and strategies. Recycling containers are being placed in designated areas throughout the installation. We play a role in building a sustainable future. At home, school and at work, we can make changes that



will help preserve resources for future generations. Many individuals and entire communities have already begun. Find out how you can do your part.



April 2007

## Puerto Rico units return from Iraq deployment

**Marc McCormick**  
El Morro

Elements of the 65th Regional Readiness Command returned to Puerto Rico following a tour of duty in Iraq.

The 432nd Transportation Company and the 393rd Logistics Support Company



(Left) An emotional homecoming awaited the 393rd Logistics Support Company on their arrival at Fort Buchanan. (Right) Soldiers of the 432nd show their Puerto Rican pride while waiting to be released to join their families. Photos by Vincente Velez.

arrived at Fort Buchanan for the reunion with their families and friends March 13, 2007.

"We drove more than 369,000 miles delivering supplies while deployed to Iraq," said Capt. Jakara Osorio, commanding officer, 432nd Transportation Co., "and we suffered no casualties."



## TRICARE opens new facility at Ft. Buchanan

**Marc McCormick**  
El Morro

Fort Buchanan realized the accumulated effort of TRICARE, Buchanan and local Puerto Rico health care providers with the grand opening of a new TRICARE service office at Buchanan along with a week long series of education seminars on the TRICARE system. The TRICARE visit to Puerto Rico and the opening of the new servicing office is pivotal for Buchanan. "The purpose of this visit and the seminars is to educate the community," Tricare Latin America & Canada representative Sean Glover said.

"We chose Monday to speak with the retiree population and TRICARE Standard issues. The next day the seminar focused on TRICARE Prime and Wednesday we held the grand opening," she said.

At the grand opening of the new facility, Commanding Officer Col. Stephen M. Ackman, said, "At Fort Buchanan we do not have a large active duty presence but at the same time there are always challenges for us."



Members of the Fort Buchanan TRICARE service facility proudly attended the opening of the new office. (Left to right) Sean Glover, Project Manager, TAO-Latin America and Canada; Aracelis Delgado, Lead Beneficiary Services Representative; Mayra Rodriguez, Vivian Rivera, Beneficiary Services Representatives; Abigail Andino, Administrative Assistant and Eric Gerera, Beneficiary Services Representative, USCG Station Boriquen gathered together for the ribbon cutting ceremony. Photo by Leo Martinez.

## Garrison DES stays on-track with safety program

**Marc McCormick**  
El Morro

One of the initiatives of the Department of Emergency Services D.A.R.E. program is an outreach to provide child identification.

The multi-level ID process combines a combination of identification techniques that involve a written personal history, DNA swabs and fingerprinting, among others. Designed for children of all ages, it is also a valuable program for adults.

All the information gathered is confidential and the local DES will explain how the material is maintained and who the material may or may not be shared with.

The emphasis is on providing another layer of protection for children.

Quick identification saves time, eliminates error and results in a more secure environment.



Officer Felipe Deida, D.A.R.E. Program Coordinator, Fort Buchanan DES, takes a DNA sample from Yalondra M. Valderrama. The girl's mother, Mirabel, and her brother get into the spirit of the occasion. Frequently, DES provides the ID service at Buchanan public locations. Photo by Marc McCormick.

## Bullets, Beans keep troops moving in Iraq

**Sgt. 1st Class Kap Kim**  
2nd BCT, 1st Cav. Div. PAO

**FORWARD OPERATING BASE RUSTAMIYAH, Iraq** — It's a drive that has become all too familiar for Sgt. Edrik Torres.

In his second deployment to Iraq, the Cabo Rejo, Puerto Rico native has learned to ignore the many dangers that come with pushing supplies out to his supported units, and the only thing on his mind, he admitted, is making sure the guys get what they need to survive.

The motor transport operator who is assigned to Company F, Forward Support Company, 1st Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, said he's proud of being a part of the section they call "Road Warriors."

"My guys, they like to go out and gain experience," he said. "They travel out al-

most everyday." The rest of the "Outlaws" of Co. F's mission is to constantly transport everything the rest of their battalion's Soldiers need to live.



Company F, 1st Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Cavalry Division, brings supplies during a drop to Company C's combat outpost in Baghdad. Sgt. 1st Class Kap Kim

June 2007

## Golden Knights drop in on Puerto Rico



Groundcrew and parachutists of the Army's Golden Knights gather in front of their jump plane prior to the 2007 Puerto Rico Air Extravaganza. Each year, the Knights perform in dozens of public events as one of the Army's premier demonstration units. Pictured in the back row, fourth from left, is Puerto Rican native and member of ground ops, sergeant Benitez. Photo by Vincente Velez.

## Domingo slated as new Buchanan commander

El Morro Staff

A change of command ceremony will see Col. Edwin C. Domingo assume command of Fort Buchanan.

Domingo becomes the 67th commander of the Army garrison in Puerto Rico, in a line of succession that dates back to the activation of the "Porto Rico Department" Oct. 18, 1898. "It is a pleasure to be back in Fort Buchanan, where I spent five wonderful years. I was assigned to Readiness Group Puerto Rico, which later changed its name to Readiness Group Buchanan, as the Plans and Training Officer. I provided advice and technical assistance to three major Reserve Component Commands in Puerto Rico and the United States Virgin Islands," Col. Domingo said. When asked about Fort Buchanan's mission, Domingo said, "Our mission is to enable our customers to succeed by providing excellence Base Support services. First of all, that means our number one priority is to take care of America's Servicemembers and their Families."





## July 2007

El Morro Staff

• (Top left) Col. Edwin C. Domingo became the commanding officer of Fort Buchanan during a ceremony June 20 replacing Col. Stephen M. Ackman. Officiated by Maj. Gen. Alan D. Bell, he said, "The formal military change of command is a time honored tradition dating from the beginning of our nation's military history."

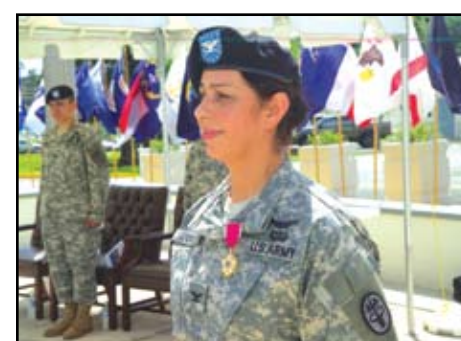
• (Not pictured) Col. David Carrión Baralt (now a brigadier general) was named Adjutant General of Puerto Rico by Governor Anibal Acevedo Vila Jan. 1. He was confirmed by the Senate June 29. As Adjutant General of Puerto Rico he commands a force of over 10,000 citizen-Soldiers and Airmen and the Army National Guard, Air National Guard and State Guard.

• (Top right) Col. Margarita Aponte, outgoing commanding officer, Rodriguez Army Health Clinic, transferred command of the clinic saying, "For me, this has been quite a ride. It has been a great privilege and honor to serve alongside you - the Soldiers, Civilians, and family members of Fort Buchanan..." she said.

• (Lower right) Davis D. Tindoll, Jr. assumed the position of Director of the United States Army Installation Management Command Southeast Region. "We will define excellence by two means," Tindoll said, "— one in the quality of support we provide and second in the responsiveness to the needs of senior mission commanders. Southeast Region will be ready to support the priorities and requirements of the senior mission commanders on each installation."

• (Lower left) "San Cristobal Hill has been in existence since 1519. Castillo de San Cristobal is the largest fortification ever built by the Spanish in the New World. Today, it is a United Nations World Heritage Site," reiterated Master of Ceremonies Jose Pagan - a fitting place for the retirement of Col. Stephen M. Ackman, commanding officer, Fort Buchanan.

## Command faces change in Puerto Rico



## New citizens sworn-in at San Cristobal



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, led new citizens in the recitation of the Pledge of Allegiance at San Cristobal Fortress. Courtesy Photo.

Marc McCormick  
El Morro

A dream of millions became reality when 100 people took the oath of American citizenship July 12. The special naturalization program took place in the plaza of Puerto Rico's Castillo de San Cristobal Fortress. Built in 1783, San Cristobal was one of a series of fortifications protecting San Juan.

People representing Argentina, Chile, China, Colombia, Cuba, Dominican Republic, Ecuador, El Salvador, France, Honduras, Mexico, Panama, Peru, Spain, St. Lucia, St. Vincent, Venezuela, and Vietnam gathered in front of a huge American flag to take the Oath of Citizenship which would make them American citizens.

The Commanding Officer of Fort Buchanan, Col. Edwin C. Domingo led the new citizens in reciting the Pledge of Allegiance.

## August 2007

### Tough going...



Col. Joeffrey Garrison relieved his command July 14 in Aguadilla to Col. Hector Lopez. Lopez comes from graduating Inter American Defense College. Lopez's recent assignments included 65th Regional Readiness Command's G6, Commander of the 969th POL Detachment and Commander of the 394th S&S Battalion he deployed to Iraq. Photo by Sgt. 1st Class John Gonzalez.



Soldiers of the 301st MP Company plant their flag and make their stand on Franklyn Mountain during training in New Mexico. Photo by 2nd Lt. Ricardo Lugo

Capt. Hector Prieto  
301st MP Co.

In the early morning while nearing the conclusion of their Annual Training at Fort Bliss, Texas, the 301st Military Police Company took their physical training to Franklyn Mountains for a company hike. The Soldiers walked, climbed, and pulled their own weight through paths, crevices, rock formations and cliffs in order to reach their goal of 6,000 ft.

## September 2007

### Yabucoa benefits from Army training



While 2nd Lt. Luis Rivas (middle) looks on. 35 Soldiers with the 448th Engineer Battalion are spending their two-weeks of annual Active Duty Training helping to clean and dredge the accumulated soil, vegetation, and debris from an existing creek Yabucoa, Puerto Rico. Photo by Sgt. 1st Class John Gonzalez.

### Principal Deputy Assistant Army Secretary visits Fort Buchanan

Marc McCormick  
El Morro

Principal Deputy Assistant Secretary of the Army (Manpower & Reserve Affairs) Robert W. Rodriguez recently visited Fort Buchanan. Rodriguez was in Puerto Rico for the annual National Guard USA Convention held on the island.

Part of his itinerary was to visit Soldiers in Puerto Rico who are part of the Army's Warrior in Transition assigned to the Community Based Health Care Organization of Puerto Rico.

During his visit, the secretary was able to visit with three of the Soldiers (pictured right) at Fort Buchanan's Rodriguez Army Health Clinic.

At the clinic, Rodriguez presented the Purple Heart to Spc. Manuel Roman and he also presented Roman and Spc. Nelson Espinosa the Combat Action Badge.



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, welcomed Principal Deputy Secretary of the Army Robert W. Rodriguez to Fort Buchanan. Domingo provided the secretary with an up-to-date briefing on Buchanan's mission. Photo by Joe Bonet.



## October 2007

## Welcome home...



**Patricia Santiago happily kisses her husband, Sgt. Victor Santiago while in the rain at the end of the deployment ceremony conducted at Ft. Hood, Texas. Sgt. Santiago is a Soldier with the 35th Signal Battalion who recently deployed to Iraq. Photo by Capt. Anthony John.**

## Religiously speaking at Fort Buchanan

**Marc McCormick**  
*El Morro*

Fort Buchanan's religious community received the welcome addition of protestant Chap. (Lt. Col.) Kenneth Lawson.

Chaplain Lawson has served numerous military assignments throughout his career that started as an enlisted man in the National Guard in 1979. Following his call to the ministry, Lawson entered Salem State College where he received his bachelor's degree. He took advanced studies at Bob Jones University, Cincinnati Bible Seminary, Bethany Theological Seminary and received his Ph.D. from Preston University.



**Chap. (Lt. Col.) Kenneth Lawson and his family are new to Fort Buchanan. Lawson is now the installation chaplain. A protestant chaplain, Lawson will provide religious services and counseling to all denominations in the Fort Buchanan community. His addition to the Buchanan fills a long vacant need in religious services and is a welcome addition to the community. For any religious or counseling need, he encourages people to contact the Chapel Office for an appointment. Courtesy Photo.**



**Capt. Justin DeVanna, Fort Buchanan veterinarian, examines "Sam," a young Yorkshire Terrier owned by Rosi Rogers. Sam was getting a check-up prior to a future medical procedure. Photo by Joe Bonet.**

## A different kind of vet

**Marc McCormick**  
*El Morro*

Fort Buchanan recently saw the arrival of a full time veterinarian. Capt. Justin DeVanna is the primary doctor providing services to the garrison and other agencies. His vision for Fort Buchanan, "...to offer the highest possible quality of care and services for the animals I see and also for the food inspection mission."

## Red Ribbon Week emphasizes anti-drug programs

**Marc McCormick**  
*El Morro*

Fort Buchanan observed the annual Red Ribbon Week with an opening ceremony in front of the headquarters building. The Fort Buchanan Drug and Alcohol Officer Gisela Aponte, and her staff, provide year round counseling, instruction and assistance in addition to providing the Red Ribbon ceremony. This year, Aponte invited the Acting Superintendent for the Defense Department Elementary and Secondary Schools (formerly known as the Antilles School System) Dr. Greg G. Mowen as one of the guest speakers. In his remarks, Mowen said, "What we (in the) Puerto Rico schools do to show good character and being drug free. Puerto Rico schools have 356 employees who come to work every day. They work directly with our children and have very important support roles like driving the bus and making sure our schools are clean and healthy places. I chose some of the things we do

on a daily basis to make sure that our kids are properly reminded that being drug free equates to success in life."



**Students from the Antilles Elementary School proudly proclaim maintaining a good character by staying drug free. Photo by Leo Martinez.**

## November 2007

## 8th BDE reconstituted



**Staff Sgt. Myra Figueroa, having just received an Army Commendation Medal, assists with the unfolding of the new unit flag for the new 5th Brigade, as members of the 1st Mission Support Command's Color Guard looks on. Photo by Capt. Anthony John.**



**Each year members of the Fort Buchanan Civilian Personnel Activity Center attend the Puerto Rico island-wide Job Fair providing information to job seekers concerning the benefits of working for Fort Buchanan. Pictured (left to right) are Fabiana Nevado, Sam McGuinness, Nancy Cortes, and Ana Zavala, along with Sharon Stewart, second from right. Courtesy Photo.**

## December 2007



**(Left to right) Civilian Aide to the Secretary of the Army Felix Santoni; The Adjutant General of Puerto Rico National Guard Col. David Carrion; Commanding General 1st MSC Brig. Gen. David S. Elmo and the Commanding Officer Fort Buchanan Col. Edwin C. Domingo sign the Army Covenant Nov. 6 as part of an Army wide commitment to Soldiers and their families. The event took place before civilians, Soldiers and family members. Photo by Leo Martinez.**

## Ft. Buchanan reaffirms Army Covenant

*El Morro Staff*

In a ceremony in front of Army families, friends, civilian workers and Soldiers, leaders of the Fort Buchanan garrison and other Puerto Rico representatives signed the Army Covenant renewing support of Army families.

Col. Edwin C. Domingo, commanding officer, Fort Buchanan, conducted a Town-hall to disseminate information about the Covenant and to educate Soldiers and families on the new services available under the Army Soldier and Family Action Plan. "We must meet or exceed the needs of our Soldiers and family members, for only then can we say that we've made a substantial contribution to the Army Family Covenant, the readiness of our forces and the well-being of our community."

## Shake, rattle &amp; roll

**Rafael Ramirez**  
*Ft. Buchanan Operations Officer*

On Nov. 10th, we witnessed a strong earthquake (7.3) near Martinique, 400 miles from San Juan, which was felt as far as the eastern coast of the Dominican Republic.

A similar event has been predicted by experts for our region. It is very important for us to prepare ourselves and families. In the news we saw people reacting and proceeding to do things which could very well cause more injuries and deaths.



**Col. Eric Bermudez, 1st Mission Support Command Chief of Staff, finishes the two-mile event ahead of Command Sgt. Maj. Rene Rivera, Command Sergeant Major of the 166th Reginal Support Group, with a time of 13:28 and 13:30 respectively. Photo by Capt. Anthony John.**





## Caribbean Scoop!

a taste of events to come...



### CHILD & YOUTH SERVICES

#### MSP Monthly Dance

Friday, 11 January '08

from 7:00-10:00

at the Middle School Cafeteria

#### Teen Center Monthly Dance

Friday, 25 January

from 7:00-10:30

Place to be determined.

#### CYS Baseball Registration

28 January until 20 February

at CYS Registry Office at Bldg. 1020,

Tel 787-707-3787.

#### CYS TOUCH POLICY

CYS definition for Appropriate touching involves:

- Recognition of the importance of physical contact to child nurturance and guidance. Adult respect for personal privacy and personal space of children
- Responses affecting the safety and well-being of the child ( holding hand of a child when crossing the street; holding child gently but firmly during temper tantrum)

For CYS, Inappropriate touching involves:

- Coercion or other forms of exploitations of the child's lack of knowledge.
- Satisfaction of adult needs at the expenses of the child
- Violations of laws against sexual contact between adults and children.
- Attempts to change child behavior with adult physical force, after applied in anger.

If you see any inappropriate touching against a child, contact Directorate of Emergency Services at 787-707-4911.

#### Tutor Needed!

CYS is interested in receiving proposals from certified teachers to offer tutoring classes for our children and youth. For information, contact Chief, CYS at tel 787-707-3399 or visit CYS administrative office located in Bldg 1020, Buchanan Heights.

### SPORTS & FITNESS CENTER

#### Indoor Cycling Clinic

• Sat, 12 January • 9 am

#### 2 Hours Indoor Cycling Challenge

• Saturday, 19 January • 10:30 am

Reserve your space prior to each event by calling the Sports & Fitness Center at 787-707-3767

## BASKETBALL LEAGUE



**COACHES MEETING**  
Wed, 16 January '08  
3 pm at El Caney Lodge

**LEAGUE STARTS**  
Tue, 22 January '08  
6:45 pm at the Sports & Fitness Center

**Fees:**  
• AD Military Teams assigned or attached to Fort Buchanan - Free  
• Other Military - \$250.00  
• DOD ID & Feds - \$300.00  
• ID Sponsored teams - \$400.00

For more details or to register a team visit the Sports & Fitness Center at Bldg. 167.

For information only, call: 787-707-3767/3277.

### ARMY COMMUNITY SERVICE

#### Relocation Readiness Program

Newcomer's Trio

#### Part 1 Cross Cultural

#### Adaptation Tour to Rio Piedras

#### Farmer's Market

Thu, 10 Jan • 9 am - 12 noon

#### Part 2 Health Info Tour

Tue, 15 Jan • 9 am - 12 noon

An introduction to the installation's activities will be from 7:30 - 8:30 am. Bus departs from the Community Club & Conference Center at 8:40 am for a tour of Old San Juan and El Morro. Returning to the Club at approx. 1:30 pm. Tour is free except for the cost of lunch.

#### Part 3 Newcomers Info-Fair Tour

Thu, 31 Jan • 7:30 am - 2 pm

This is a mandatory tour for all newly arrived soldiers and family members are highly encouraged to attend. A briefing from TRICARE and Health Clinic Staff from 8:30 -9 am at the Community Club & Conference Center, followed by a tour which will include a drive by local hospitals and Clinica Las Americas.

#### Scrapbooking Class

Wed, 30 Jan • 4 - 6 pm

Use your creativity and enjoy a relaxing time preserving and creating interesting ways to present your favorite photos @ ACS conference room Bldg.

1019, Buchanan Heights.

#### Chocolate Making Class

Wed, 23 Jan • 4:30-6:30 pm

For reservations & more information call Ms. Adria Lucca, 787-707-3682/3697

email: adria.lucca@us.army.mil

#### Family Advocacy Program

Classes for January

#### • Stress Management

Thu, Jan 3 • 4:30-5:30 pm ACS Bldg. 1019D

#### • New Parents Support

#### Morning Playgroup

Mon, Jan 14 & 28 • 9 - 11 am at CDC Bldg 348

#### • Anger Management Class

Wed, Jan 16 • 4:30-5:30 pm at ACS Bldg. 1019D

#### • Teen Support Group meeting

Wed, Jan 23 • 3:30-4:30 pm at Teen Center

#### • Family Team Building

Thu, Jan 24 • 4:30 -5:30 pm, ACS Bldg. 1019D

#### • Child Abuse Prevention

#### Campaign Committee Meeting

Wed, Jan 30 • 1 pm, ACS Bldg. 1019D

#### • Stress Management

Thu, Jan 31 • 4:30-5:30 pm, ACS Bldg. 1019D

#### • Domestic Violence & Child Abuse Prevention Training

FAP's Overview Child and Spouse Abuse Prevention Class, date & time by request. Please call: FAP Educator, Carmen Teresa Rivera at 787-707-3698, email: carmen.t.rivera1@us.army.mil





# Caribbean Scoop!

Fort Buchanan, Puerto Rico • January 2008

## This Month Highlights:

2 Hours  
Indoor  
Cycling  
Challenge  
Sat, Jan 19

Adult  
Basketball  
League  
Starts:  
Jan 22

CYS  
Baseball  
Registration  
Starts:  
Jan 28

## American Red Cross Learn to Swim Program

Levels 1 and 2 • Ages 2 - 8

Registration at WaterSpout

Class fee must be paid by check or in cash.

Registration is limited to 8 students per class.

16 spaces for Level 1 and 8 spaces for Level 2

8 sessions - \$50 per child

Tuesday and Thursday from 4:30 PM-5:15 PM

Class dates are as follows:

- January 8 and 10
- January 15 and 17
- January 22 and 24
- January 29 and 31
- Make up session if class is cancelled due to weather:  
Saturday, Feb 2 • 9-10 am

**FOR MORE INFORMATION CALL 787-707-3550**

## FREE LAP SWIMMING at The WaterSpout

Tuesday thru Thursday  
from 11 am - 1:30 pm  
Open to AD, Family Mem-  
bers and DoD employees.

Look for more information about  
these and all MWR events at our  
feature guide: MWR Caribbean.  
Available Now! at various points of  
distribution throughout the garrison.